CHMBA Positional Skills

Position First Baseman

	Skills	**Focus**	**Date worked on**				
1	Ground balls	Techniques, practical					
2	Footwork around the bag	Getting to the bag, on the bag					
3	Positioning	Situational theory					
4	Cut-offs / Relays	Theory, practical, communication					
5	Sacrifice bunt defense plays	Theory, practical, signals					
6	Holding runners	Positioning, breaking off bag					
7	Run-downs	Theory, practical					
8	Double plays	3-6-3, 3-6 tag, 3-6-1					
9	Pick offs	Basic, timing plays, backdoor plays					
10	Throwing to pitcher covering 1st	Timing, throwing techniques					
11	Throws in the dirt	Picks, blocking					
12	Tandem relays	Theory, practical					
13	Playing the fence on fly ball	Finding fence, sliding into fence					
14	Fly balls	Techniques, practical, communication					

Position Middle Infieders

	Skills	**Focus**	**Date worked on**				
1	Positioning	Situational theory, practical					
2	Ground balls	Techniques, practical					
3	Cut-offs / Relays	Theory, practical, communication					
4	Double plays	Feeds, turns					
5	Sacrifice bunt defense plays	Theory, practical, signals					
6	Holding runners	Theory, practical					
7	Tandem relays	Theory, practical					
8	Run-downs	Theory, practical					
9	Pick offs	Timing, practical					
10	1st and 3rd defense plays	Theory, practica, signals					
11	Fly balls	Techniques, practical, communication					
12	Tag plays	Practical					
13	Backing up throws from plate	Theory					
14	Preventing delayed steal	Communication					

CHMBA Positional Skills

Position Third Baseman

	Skills	**Focus**	**Date worked on**				
1	Positioning	Situational theory, practical					
2	Ground balls	Techniques, practical					
3	Cut-offs / Relays	Theory, practical, communication					
4	Double plays	Footwork, practical					
5	Sacrifice bunt defense plays	Theory, practical, signals					
6	Holding runners	Theory, practical					
7	Tandem relays	Theory, practical					
8	Run-downs	Theory, practical					
9	Pick offs	Timing, practical					
10	1st and 3rd defense plays	Theory, practica, signals					
11	Fly balls	Techniques, practical, communication					
12	Tag plays	Practical					
13	Backing up throws from plate	Theory					
14	Preventing delayed steal	Communication					

Position Outfielders

	Skills	**Focus**	**Date worked on**				
1	Positioning	Situational theory, practical					
2	Cut-offs / Relays	Theory, practical, communication					
3	Fly balls	Techniques, practical, communication					
4	Ground balls	Techniques, practical					
5	Backing up bases	Situational theory, practical (angles)					
6	Playing the fence on fly ball	Theory, practical					
7	Tandem relays	Theory, practical					
8	Throwing in front of runner	Theory, practical					
9	Playing the sun	Techniques, practical					
10	Over and under routes	Theory, practical					

CHMBA Positional Skills

Position Catchers

	Skills	**Focus**	**Date worked on**				
1	Receiving positions	Signals, no one on base, man on first					
2	Receiving techniques	Framing, shifting, sticking					
3	Throwing mechanics	Footwork, arm action					
4	Throwing to bases	2nd, 3rd, 1st, from plate, from backstop					
5	Blocking techniques	Philosophy, form					
6	Blocking	Straight on, to the side, curveballs					
7	Tag plays	Positioning, technique from all fields					
8	Force plays	Technique from all infield positions					
9	Pop ups	Technique from all infield positions					
10	Fielding bunts	Technique, throwing to all bases					
11	Sacrifice bunt defense plays	Theory, practical, signals					
12	Suicide bunt defense	Theory, practical					
13	1st and 3rd defense plays	Theory, practical, signals					
14	Backing up bases	Theory, practical					
15	Cut-offs / Relays	Theory, practical, communication					
16	Pick offs	Theory, practical, signals					
17	Run-downs	Theory, practical					
18	Pitch-outs	Theory, practical, signals					
19	Intentional walks	Theory, practical					

Position Pitcher

	Skills	**Focus**	**Date worked on**				
1	Pitching Mechanics	Footwork, arm action, wind-up, stretch					
2	Pitching Philosophy	Pitch selection, location, change speed					
3	Receiving signals	No one on, man on 2nd, pitch-out, picks					
4	Covering 1st base	Proper route to bag, receiving ball					
5	Holding runners	Quick to plate, slide step, unpredictable					
6	Pick offs	Basic, timing plays, backdoor plays					
7	Sacrifice bunt defense plays	Theory, practical, signals					
8	Run-downs	Theory, practical					
9	Backing up bases	Theory, practical					
10	Double plays	Communication, practical					
11	Pitch outs	Theory, practical, signals					
12	Suicide bunt defense	Theory, practical					
13	Fly balls	Communication, practical					
14	Working on pitches	Bullpens					
15	Ground balls	Techniques, practical					